



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

Sunday Service at 10:30 a.m. in person and via Zoom online meeting app

August 7

**“My Life Flows On in Endless Song . . . and Other
Life-Saving Acts”**

Rev. Ben Meyers and W.A. Ann Jacobson

“As the twig is bent, so is the tree inclined.”
– Alexander Pope (c.1732)

Unitarian Universalism promotes the hope that life is a cradle to grave experience—that we continue to ‘grow’ new twigs/shoots/buds throughout our lives. In this post-pandemic time, when so much of our world has been ‘bent,’ what are some practices that can sustain us, heal us, and shape our spiritual growth? This morning we will explore the notion that ‘Practice makes progress . . . not perfection’ and present a few simple mindful, embodied practices anyone can do.

August 14

“Water Communion”

**Revs. Axel and Elaine Gehrmann, and Elizabeth
Granado**

Join us for our annual multigenerational Water Communion Service, a celebration of our community. Please bring a small container of water from someplace sacred to you, which you can

contribute to this worship service for all ages.

August 21

“Telling Our Stories”

Corey Brunson and Micah Forstein

Every day, each of us generates more data through our emails, purchases, internet browsing, and FitBits than our ancestors generated in a lifetime. What is missing from all this information, however, is our stories. A century from now, a great grandchild may know you spent \$200 on dinner in April 2022, but she won't know what the occasion was or who was there. In 2050, your nephew can see you drove from California to Missouri in 2020, but he won't learn anything about the death you went there to witness. Even in the here and now, writing down and sharing our stories helps make sense of our experiences and, often, creates meaning. Join worship associates Corey Brunson and Micah Forstein as they explore the value and importance of storytelling.

August 28

“Camp Out”

Ray Krise and Bjorn Nilson

It's the Big Sur Campout Weekend! You have two choices this Sunday. You can join Revs. Elaine & Axel and the other campers at the Santa Lucia Campground for a short multigenerational open-air worship service at the banks of the beautiful Big Sur River, or for those who choose not to make the trip to Big Sur, a similar service will be led by our Worship Associates at church.

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See the calendar at
www.uucmp.org

Religious Exploration

Children (pre K - 11) and teens (12-18) attend our worship service on Sundays and go to their respective Religious Exploration classes following the Story for All Ages.



Ministers' Message

Rev. Axel
Gehrmann

Before our summer break, as you may know, Elaine and I joined the annual UU General Assembly (GA), which took place in Portland, Oregon in late June. Attending GA is a long-standing tradition for us. Scheduled near the end of the church year, it provides a worthwhile change of pace, and a different perspective on congregational life, ministry, and the larger UU movement. And in addition to timely talks, useful workshops, and inspiring worship, GA also provides us a rare opportunity to meet and mingle with thousands of UU delegates, and catch up with colleagues from across the country and around the world.

This GA was unique, in that it was the first in-person denominational gathering since the pandemic descended in early 2020. And it was the first multi-platform GA, with presenters and attendees participating both in-person and virtually. Elaine and I attended virtually, and were impressed by the how effectively we could witness and participate. We enjoyed not only the substantive content of worthwhile programs, but also the more elusive sense of fellowship, and the atmosphere of excitement and collaboration.

While I haven't seen an official count yet, it seemed that about half the attendees were physically in Portland and half were joining online. If you would like a taste of the proceedings, you can check out recordings of the five general sessions as well as several worship services on the UUA website. (<https://www.uua.org/ga/off-site/2022>)

A variety of programs grappled with the lingering effects of the pandemic throughout society and within our congregations. A spirit of rediscovery and reinvention, of reflection and review seemed to permeate many of them. This was particularly apparent in the presentations and conversations of the so-called "Article II Study Commission," which has been charged to review the UUA Bylaws, including our Principles and Purposes, and propose

revisions that will allow our member congregations "to be a relevant and powerful force for spiritual growth, healing, and justice."

As some of you know, last year we, as a congregation, participated in this process by adopting a proposed eighth principle. In the year to come, we will have additional opportunities to provide ideas and input.

The Study Commission began its presentation with a thorough explanation of "covenant," a theological idea central to UUism. As one speaker put it: "The process of crafting a covenant is significant because it is an intentional conversation about the value-based actions that we expect from each other. It is a process that allows everyone to have a voice . . . As a religion, UUism tackles challenging questions about theology as well as society. The covenanting process is what allows us as a faith to engage in this challenging work."

Within our congregation, the Board has made plans for us to create our own congregational covenant, which will help provide a solid foundation for our post-pandemic strategic plans. (A workshop facilitated by a regional consultant is scheduled for Saturday, October 1. Please mark your calendar and be on the lookout for further announcements.)

We are at the beginning of another church year, which will be especially exciting given the "interesting" times in which we continue to find ourselves. I am looking forward to joining together with all of you in the weeks and months ahead, as we explore ever new ways to promote spiritual growth, healing and justice!

See you in church,

Axel

People of Color Group

Do you identify as a person of color? Join us for conversation and camaraderie! The UUCMP POC (People of Color) Group provides a framework of support and acknowledgment for members and friends of UUCMP who have lived experience as people of color. At our meetings, we will gather as an intentional, accepting fellowship of POC UUs to explore and reflect on our individual experiences, intersectionality, and UUism.

The UUCMP POC Group meets at 7 p.m. on the 1st and 3rd Monday of every month, and at noon on the 1st and 3rd Saturday of every month. Feel free to drop in and join us at any of these times! Meetings will be virtual until in-person meetings at the church resume. Due to recent tech issues, please contact Patty Pai singerpattypai@gmail.com to be included on an email list and receive meeting reminders and any last-minute updates to the meeting link.



Men's Breakfast

Saturday, August 13, at 8:30 a.m.



Unfortunately, due to the mask mandate and the subsequent inability to eat inside the church, we need to temporarily discontinue in-person meetings.

All men are invited to the monthly Men's Breakfast Group via Zoom. We encourage you to settle in at your computer or phone with a cup of coffee and/or breakfast food and join our conversation. Our next meeting is Saturday, August 13, from 8:30 a.m. to 10:30 a.m.

Zoom Meeting ID is: 975 5961 1965. Passcode: 408070
On a phone (call 669-900- 9128)

Or with a computer - simply click on this link:
<https://zoom.us/j/97559611965>

The breakfast is open to all who identify as male or gender fluid. Our conversation is confidential.
dmclain@hotmail.com Hope to see you there.

PUBLICATION DEADLINES

ANNOUNCEMENTS for SUNDAYS in the Order of Service or Welcome and Announcements from the pulpit are due by 9 a.m. on Wednesdays. ARTICLES for THE WEEKLY NEWS email are due by noon, Tuesdays. Newsletter articles are due the 16th of each month.

SCHEDULED EVENTS

Adult Community Choir meets Thursdays at 7 p.m. in person and via Zoom.

Anti-Racism Book & Film Discussion Group Tuesday, August 2, 7 p.m. in the Fireplace Room and via Zoom. See page 9.

Board of Trustees meets Wednesday, August 17, at 5:45 p.m. via Zoom.

Buddhist Sangha is every Wednesday at 7 p.m. in person in the sanctuary and via Zoom. See page 9.

Environmental Justice meets Tuesday, August 9, 3:30 p.m. via Zoom.

I-HELP is supported by financial donations to UUCMP, providing monthly meals. Please consider sending a check to the church or clicking the DO-NATE button on the UUCMP website and indicating that the donation is for I-HELP.

Membership Committee meets Wednesday, August 24. 5:30 p.m. via Zoom.

Men's Breakfast Group meets Saturday, August 13, 8:30 a.m. via Zoom. See article at left.

Music Committee meets Wednesday, August 3, at 5 p.m. via Zoom.

NUUsletter deadline for the September issue is Tuesday, August 16.

People of Color (POC) group will meet Saturdays, August 6 and 20 at noon, and Mondays, August 1 and 15 at 7 p.m. See article to the left for meeting details.

Program Council meets Tuesday, August 9, 12:30 p.m. via Zoom. For questions contact Mibs McCarthy programcouncil@uucmp.org

Sing Along will meet on Wednesday, August 10, at 5:30 p.m. See weekly e-news for more details.

Social Justice will meet on Sunday, August 7, at noon in the Sanctuary and via Zoom.

Stewardship will not meet in August.

T'ai Chi Chih meets Tuesdays at 4 p.m. in the sanctuary. See page 9.

President's Corner — Carol Greenstreet



Roads I Have Traveled and Those Not Taken

I have been very impressed with the recent reflections and sermons from the Worship Associates. More a sketcher than a writer, I struggle to find topics for my monthly column, so I am in awe of the talents and experiences of the Worship Associates, as well as every church member with whom I have spoken. I was a shy and meek child and young adult, so the thought of hopping in a van with a toddler and taking a long-distance road trip to Baja California absolutely blew me away. My travels in younger years were steered by Dad at the helm of our annual pilgrimages to meet family and our parents' friends. We moved from Nebraska to New Hampshire when I was eight and continued these agonizing trips until my older brother put his teenage foot down and refused to go. It was the hiking and skiing trips with our church's youth group that were the haven for me while in school. Often when I see the Religious Exploration curriculum and hear from the OWL (Our Whole Lives) graduates, I wonder if I would have built confidence in myself earlier and become more socially aware if I had been a UU in my formative years.

I couldn't help but ponder *The Road Not Tak-*

en once I discovered that the UU Church in Manchester, New Hampshire, is near the home where I

grew up. Perhaps I dwell on roads that diverged too often.

For today, I will look

forward and plan what I can do as a member of the community in which we live, as well as our country.



A friend who is an active member of the UU Fellowship in Sunnyvale recently sent a link to a presentation that she was doing for encouraging voting in upcoming elections. Vote Forward, <https://votefwd.org>, is an organization which has developed an effective process for reaching out to historically underrepresented voters in swing states. You can sign up to write letters for names in multiples of five. Letters are to be mailed on October 29 to be received in a timely manner before the mid-term elections. I wrote many letters for the last presidential campaign, so today signed up again and printed the first batch of 20 letters – perhaps this is a small step forward to make a difference. I hope you will ponder the roads that you wish to take, and enjoy the experience.

Cheers,
Carol

The Rev. Ben Meyers is a Unitarian Universalist minister who has served multiple congregations in northern California throughout his 28-year career. Rev. Meyers is a musician, storyteller, and social justice advocate, living in San Mateo, CA. He is excited to be leading worship again at UUCMP on August 7.



Rev. Ben Meyers

RELIGIOUS EXPLORATION



New RE Year

Hello Friends,

We have many exciting things planned for August. I hope you can keep up! We finished our summer curriculum Love Connects Us. We learned about important ways Unitarian Universalists live our faith in covenanted community. We also learned about how we embrace our responsibility toward one another and the world at large.

We had our very first in-person Family Game Night in July after coming back from the pandemic. It will continue every month, so don't miss our next game night Friday, August 5th, at the church. (Masks will be required.)

Another very exciting thing that happened this summer was we got an official teacher for the teens class! Woohoo! Many of you already know the amazing Altaira Hatton, who has volunteered with the teens many times. I am eternally grateful for her willingness to help and even more grateful for her positive attitude. I hope you can help me welcome Altaira next time you see her.



Altaira Hatton

The Committee on Family Ministry has been meeting bi-monthly to help prepare for August. I want to thank our committee for all

their ideas and commitment to our Religious Exploration program and to our children.

Another exciting event taking place is that we're planning on sprucing up the nursery. On August 6th we are planning on having a paint party — anyone is welcome to come help with it.

August 14th, which is our Multigenerational service, will be our RE season kickoff. We will start back up with our Soul Matters curriculum for kids class and teens. We are making some beautiful lanyards for this service, so contact me at dre.elizabeth@uucmp.org if you like hands-on creative projects and would like to help. Also, I want to invite all kids and families for pizza fun after the service! Learn about registration, volunteering, and how to help co-create opportunities for children and youth this fall. We need volunteers for each of our programs, so think about how you may want to help and when you can do it.

Last but not least, the UUCMP Big Sur Campout is August 26th -28th, and we can't wait. It's a time for gathering together with our church community, connecting with each other, and enjoying nature. My hope is that as many families as possible can join and spend a lovely weekend around the campfire, eating together, and experiencing the company of friends. There will be kids' activities and a Sunday service as well.

I want to welcome back all our families this August from a nice summer break, and I am looking forward to a great season.

— Elizabeth Granado
Director of Religious Exploration

Musical Offerings

*Gracias por el amor del cielo,
Gracias por el inmenso mar,
Gracias por el cantar del bosque,
¡Aleluya!*

*We give thanks for the love of heaven
We give thanks for the immense ocean
We give thanks for the singing of the forest
Alleluia!*

*This anonymously sourced text comes from Hymn #3 in *Las Voces del Camino*.

Alex Roddie, editor, writer, and nature photographer, wrote a blog titled “Boredom Is Impossible When Immersed In Nature.” Throughout Roddie’s blog posts, he recounts various experiences or gives his gear lists or anticipates upcoming adventures. Roddie always returns to the unfailing awe and wonder of nature.

One of my favorite pieces he wrote was about birdsong. He acknowledges that when we think about birdsong, we tend to generalize towards the cumulative chatter resulting from a symphony of birds. His aim in his description was to also pay attention to each individual bird. The work is under a subheading “The Forgotten Voices of Birds” in a blog post early on in the pandemic. I could really resonate with his observation to know each bird’s voice independent of the group, while experiencing the fullness of the combined tweets and trills.



Roddie describes his experience in nature in a way that I experience in music making. There are times of solitude and times of collective

experience. Every moment requires attention, focus. The best moments exhilarate a deep sense of the here-and-now while simultaneously triggering nostalgia and significance. When we make music, we spin the airwaves to harness meaning, create a sense of embodiment. We make both the foundation and the inspiration for movement: be it dance or justice making. Moreover, music is available to us all. We can consume it, participate in it, become experts, or simply swim through it. Similar to nature, boredom is impossible when one is immersed in music.



If you would like to explore the beauty of music in community, you are invited to check out any of our ongoing ensembles or propose other ways to make a joyful noise with us. All of our groups are occurring in a hybrid model this month. Please feel free to reach out with any questions you may have.



— Camille Hatton

*** BIG SUR CAMPOUT 2022 ***

FRIDAY, AUGUST 26TH – SUNDAY, AUGUST 28TH

REGISTRATION HAS BEGUN!

Registration forms, sign-up sheets, release forms, directions, and all pertinent information can be found on the church bulletin board.

ALL registration forms and payments are due on or before Sunday, August 14th



to sign up.

This is a very popular event, well-attended every year. It's wonderful community building and a great way to get to know your UUCMP family. Come and join us at the Big Sur Santa Lucia Campground. Day visitors are welcome and also will need



Questions? Contact Kerry Sissem at kerrysissem@earthlink.net

Fundraising Change of Plans

Due to the uptick in Covid cases in Monterey County and the reinstatement of the mask mandate at UUCMP, we have decided to postpone the **Super Flea**, originally scheduled for September 2 and 3, until further notice. We'll send out notifications when we determine that it is safe to proceed with the sale.





August Shared Plate Recipient *Amah Mutsun Land Trust*

Introducing the Amah Mutsun Land Trust

This isn't just another good cause. This is about religious freedom and respect. It is about overcoming the effects of centuries of settler colonialism by being in solidarity with indigenous people to protect their sacred sites and to practice their religions in their ancestral way. It responds to the call issued at the Unitarian Universalist General Assembly in June 2020 in the Action of Immediate Witness to Address 400 Years of White Supremacist Colonialism. Native American spirituality has been devalued since Europeans arrived. In the 1800s Congress ignored the 1st Amendment and passed a law making it illegal for Native Americans to practice their religions, and that wasn't repealed until the 1970s. Indigenous religions are still considered "less than" by the dominant US culture, and their sacred sites get desecrated with impunity by commercial interests. We are asking your help to stop these desecrations.

The Amah Mutsun Land Trust (AMLT) is a native-led, 501(c)(3) non-profit organization, established by the Amah Mutsun Tribal Band in 2013 to support its access to and stewardship of the ancestral lands of the Mutsun and Awaswas peoples. A historical and continuous California Indian Tribe, the Amah Mutsun Tribal Band has endured and survived a brutal history of colonization and forced assimilation that displaced them from their ancestral territory and from many of their cultural traditions. The tribe's membership, including more than 600 Bureau of Indian Affairs (BIA) documented enrollees, consists of the descendants of the indigenous peoples taken to the Santa Cruz and San Juan Bautista missions during Spanish colonization.

Since the mid-2000's, the Amah Mutsun Tribal Band has worked diligently to reconnect physically, culturally, and spiritually with its ances-

tral territory of Popeloutchom and to return to its obligation of caring for the diverse landscapes and inhabitants of this territory. The creation of AMLT has been central to this effort, with the organization serving as a vehicle for cultural re-learning and the revitalization of tribal connections to place through three core focal areas: Indigenous stewardship, conservation and restoration, and research and education. Where traditional land trusts emphasize land acquisition, AMLT has worked through an array of innovative partnerships with public and private landowners to engage tribal members in hands-on stewardship and research activities that support the recovery of traditional cultural and ecological knowledge while advancing contemporary conservation and restoration goals.



While AMLT has made important strides in realizing the tribe's vision, a great deal of work remains. From defending sacred tribal sites like Juristac to preparing today's youth to be tomorrow's tribal leaders to restoring ceremony and sacredness to Popeloutchom, AMLT is working to support the tribe's healing from the historical trauma of colonization and to support more just and sustainable environments and communities for all.

Please support this important work with a tax-deductible donation.

Join Our Church!

Even in these pandemic times - *especially* in these times - our church seeks to be a caring community and a welcoming place. We strive to deepen our religious lives and support the spiritual growth of all who join together here, working to build a better world beginning with ourselves.

If you find you resonate with our principles and you are at least 16 years of age, then we invite you to sign our membership book.



Joining the church entitles you to vote at congregational meetings, at which we adopt budgets, elect officers, and direct the course of church programming. Above and beyond that, membership is a personal and public expression of your support of this religious community, the ideals it stands for, and the work it does.

If you are interested in becoming an “official” member of UUCMP, contact the ministers. (minister@uucmp.org)

Please join us!

Life Enrichment Programs Affinity Groups

Some groups will not meet face-to-face in August. Some will meet via Zoom.

Anti-Racism Book and Film Discussion First Tuesdays, 7-9 p.m. in the fireplace room and via Zoom.

Men’s Breakfast Group meets second Saturdays 8:30 a.m. via Zoom Contact: Doug McLain See page 3.

Buddhist Sangha will continue in the sanctuary and via Zoom on Wednesday evenings, 7 to 8:30 p.m. Contact: Rev. Dennis Hamilton

Friday Night at the Movies will not meet in August. Contact: John Freeman for any questions.

Dances of Universal Peace will not meet in August. Contact: Barbara Bullock-Wilson if you have any questions.

POC (People of Color) Group meets at 7 p.m. on the 1st and 3rd Monday of every month, and at noon on the 1st and 3rd Saturday of every month. See article on page 3 for meeting link.

T'ai Chi Chih meets every Tuesday at 4 p.m. in the sanctuary.

THE MISSION STATEMENT OF THE UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA

Welcoming all, we worship together with loving
hearts and open minds,
promoting peace, equality, and respect for the Earth.
Questioning, reflecting,
learning, leading . . . we change
ourselves
as we change the world.

We Know You Have Stories to Tell!

The Worship Associates at UUCMP bring a variety of experiences and perspectives to our weekly services!

If you think it might be fun to help plan and participate in worship services, please talk to one of our ministers about joining our team. Enthusiasm is required, experience is not.

Art News



Quilt Art

by Mary Kay Hamilton

August 14 –September 30, 2022

I only started quilting in my retirement. I've never considered myself an artist, but rather an amateur dilettante, who just plays with fabrics, colors, designs and random quirky ideas and inspirations. I have a lot fun and it keeps me out of trouble. (Or maybe in trouble!)

Many quilters follow patterns and have a good idea of how their piece will look when they are finished, with stunning results. I occasionally use patterns, especially for some lap and bed quilts, but mostly my art quilts are either inspired by photographs, or more likely just improvised. Which is to say I make them up as I go along. My art quilts evolve over time from a vague idea to a finished product. Once I begin, I frequently reconsider my choices, change fabrics, reassess colors, rearrange

placement, and basically change my mind about what might look right or good. Oftentimes the finished product has little resemblance to where it started. (I am a master with the seam ripper!)



Eye See You

For example, one improvised quilt is "Eye See You" which evolved from a Monterey Peninsula Quilters' Guild challenge. We were challenged to create the 18x18" quilt that included a circle. I started by just sewing fabric together into a circle, then said, "Hey, that looks like an iris." Then I developed the eye around it. Most other MPQG challenge quilts of mine evolved the same way, improvised.

A few art quilts were inspired by photographs. "Asilomar After A Rain" is inspired by a Susan Lambert photo. The "Sailboats For Sid" is a quilt I made for my son Sid who sails. It morphed over time as I started taking photographs of sailboats around the bay and reproducing them in fabric.



Asilomar After a Rain



Sailboats for Sid

Environmental Justice News

Climate Change Starts at the End of Your Fork

This past spring, Rev. Elaine led a book discussion for *Regeneration: Ending the Climate Crisis in One Generation* by Paul Hawken. The book is broken down into various areas: oceans, forests, wilding, land, people, the city, food, energy, and industry. Each section has small, easy to digest chapters and at the end was a chapter of actions and connections. We each made a checklist of the actions we can take as individuals and for the UUCMP community. This article will focus on the impact of food and agriculture on climate change and offer some ideas for actions we all can take.

We are all well-informed that the proximate causes of the climate crisis are cars, oil, deforestation, building, poverty, over-consumption, and industrial agriculture, to name a few. One fifth of global greenhouse gas emissions are credited to the livestock industry. This is more than cars, planes and trains make combined.

Some solutions, such as purchasing a hybrid or electric car, are not viable for most people. What we eat (recognizing that we all eat!) is an area where every person can make a choice and make a difference.

There is no agreement in the literature about the precise amount of greenhouse gas emissions generated by the meat and dairy industry. The UN's Food and Agriculture Organization (FAO) calculated it to be 18% of total emissions. Other sources have it as high as 37%. The portion attributable to meat and dairy was not broken out, but studies have shown that four foods have the greatest carbon footprint – beef, lamb, cheese and dairy.

Over half the land in the US is used for agricultural purposes. Over 95% of that agriculture is industrialized, meaning that farming in the US is often run by large corporations that actively use hybridized seeds, pesticides and chemical fertilizers. Many of these industrial farms focus on growing soybeans and corn to feed our massive population of livestock. This has been revealed as bad news for our bodies and the planet.

Reducing meat and dairy consumption remains one of the top actions an individual, family, institution, or country can undertake with respect to food.

Registered dietitian and nutritionist Ellie Kreiger wrote an article “What to Eat More Of If You’re Eating Less Meat” on her website* (<https://www.elliekrieger.com>): Even those committed to healthful vegetarian options often don’t strike the right balance. Many turn to dairy, particularly cheese, as their default protein, which can certainly make for nutrient-packed and delicious meals. But if you are eating meatlessly a lot, and dairy is your only go-to, you could be missing out on some important nutrients and getting more unhealthful fat than you realize.

Meat is more than just protein — it is incredibly rich in several essential minerals and vitamins, particularly B vitamins, zinc, iron and selenium. While dairy packs many B vitamins, selenium, and other nutrients in spades, it doesn’t have zinc, iron, or much B6. And while options such as low-fat yogurt and milk are lean, a piece of cheddar cheese the size of your thumb has about double the saturated fat of three ounces of lean beef.

To eat healthfully with less meat, it’s important to include more plant protein: nuts, seeds, beans, lentils, peas and whole grains. While these are incomplete proteins, lacking the full spectrum of essential amino acids in sufficient amounts on their own, the amino acids in grains

complement those in the nuts and legumes, so together they are complete. You don’t have to eat them at the same time, as was once thought. Just getting a variety throughout the day will help cover you, not only for the protein you’d otherwise be getting from meat, but for iron, zinc, and B6 as well. Plus, they contain healthful fats, fiber and a spectrum of protective antioxidants.

— continued on page 12



Environmental Justice News

Cutting meat consumption by 19-42% world-wide could help us avert the most catastrophic consequences of climate change.

Several authors of books about changing eating habits make the same point: Eat food. Not too much. Mostly plants. (Michael Pollan). Perhaps a more fulsome explanation comes from *Diet for a Hot Planet** by Anna Lappé:

Seven Principles of a Climate-Friendly Diet

- * Reach for real food. Stick to the outer supermarket aisle to avoid processed foods when you can.
- * Put plants on your plate.
- * Go organic. Look for foods that have been produced without chemical fertilizers.
- * Lean toward local. Visit farmers markets, join a Community Supported Agriculture (CSA) group, support small-scale farmers and local businesses.
- * Pay attention to your food waste. In the US, 96% of food waste is landfilled or incinerated, leaving only 4% to be composted.
- * Rethink packaging options. We bring our

own bags to the grocery store, but what about the produce bags? (See last month's Environmental Justice article in the July newsletter for more information.)

- * One of the best ways to bring climate friendly food into your life is to reclaim your own power to cook, grow and create your own food.
- * Changing the way we eat will not only change the world, but it may begin to change us, and then we can be part of changing the world.

Besides the media listed in the article, here are additional recommendations: (* = includes recipes)

In Defense of Food also *Omnivore's Dilemma* by Michael Pollan

*Diet for a Small Planet**, 50th anniversary edition by Frances Moore Lappé

*Food Matters: A Guide to Conscious Eating** also *Vegan Before 6** by Mark Bittman

What can you do personally? Punch List — Things to do at home

- ◆ Avoid single use items, such as plastic water bottles and paper plates.
- ◆ Purchase bamboo or recycled paper toilet paper.
- ◆ Start using mesh bags for vegetable purchasing instead of plastic ones.
- ◆ Keep composting by putting all food scraps into the yard waste container. There are still some free in-kitchen composting containers available at city locations.
- ◆ Buy more vegetables and fruits from local sources, such as a Farmers' Market.
- ◆ Go through your wardrobe and recycle clothing you are no longer wearing by donating to various charities.

At Church

When the UUCMP kitchen reopens, we will not support the use of single use items, for instance plates, utensils, cups/glassware, serving platters. The exception would be for paper napkins. No Styrofoam containers will be used.

We will begin purchasing bamboo or recycled paper toilet paper for use at our site.

SOCIAL JUSTICE



Join the Money Team Meeting

On Thursday, August 11, at 12 noon a group of leaders will meet to talk money. More specifically, we will discuss the future of COPA's Investment Campaign strategy (individual donors, large gifts, business leader meetings, etc.). For those of you who are new to COPA's investment strategy, this work can set up opportunities to get into really interesting conversations with powerful people in the region - learning about their interests, telling them stories about our work, and seeking out possible alignment that could lead to their investment in what we do. These meetings can really broaden our perspective and help us get clearer on our organizing, and they are also a good way to develop our own ability to talk about what we do and why we care about it.

Money can be a touchy subject for a lot of us. Developing our own confidence around it is a way we can become more powerful - as leaders and as an organization. Part of this development is expanding our imagination about exist-

ing resources. A reading that can be helpful for that comes from the theologian Walter Brueggemann, "[The liturgy of abundance, the myth of scarcity.](#)" Click on the link title here to get to the link to read it. I would be interested in hearing your reflections about it.

Please let me know if you can join the August 11 meeting. Zoom link below. Thanks.

— Laura Nagel

COPA is inviting you to a scheduled Zoom meeting.

Topic: COPA Money Team

Time: Thu, Aug 11, 2022 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://www.elliekrieger.com> Meeting ID: 936 6902 3784

Passcode: 934658

One tap mobile

+16699006833,,93669023784# US (San Jose)

Tim McManus

Industrial Areas Foundation

swiaf.org

408-710-9428 (mobile)

559-365-6171 (mobile)

UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA POLICY ON COVID-19 PRECAUTIONS

NEW UPDATED COVID-19 POLICY - MASKS ARE REQUIRED TO ENTER THE BUILDING

Due to increasing cases in Monterey County of virulent strains of COVID-19, UUCMP now requires suitable facemasks (covering both mouth and nose, N-95 or KN-95 level of protection encouraged) for anyone entering the UUCMP building. Individuals preparing or delivering religious services may remove masks during their presentation. Indoor food service and refreshments are also suspended until further notice. The mask requirement is effective as of Saturday, July 16.

**Unitarian Universalist Church
of the Monterey Peninsula
490 Aguajito Road
Carmel, CA 93923**

Office Hours

During the COVID-19 pandemic,
the office is open for limited hours: 10 a.m.
to 1 p.m. on Wednesdays and Fridays.
Email to office@uucmp.org

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Return Service Requested



August 2022

About UUCMP Publications

Please send NUUsletter submissions as an email attachment by the 16th to newsletter@uucmp.org, and indicate UUCMP NUUSLETTER in the subject line.

Please send submissions for WEEKLY NEWS, the weekly announcements, to office@uucmp.org by Tuesday noon.

Check the WEEKLY NEWS and website for news throughout the month.

If you have any questions, call the office, 624-7404, or e-mail us at office@uucmp.org